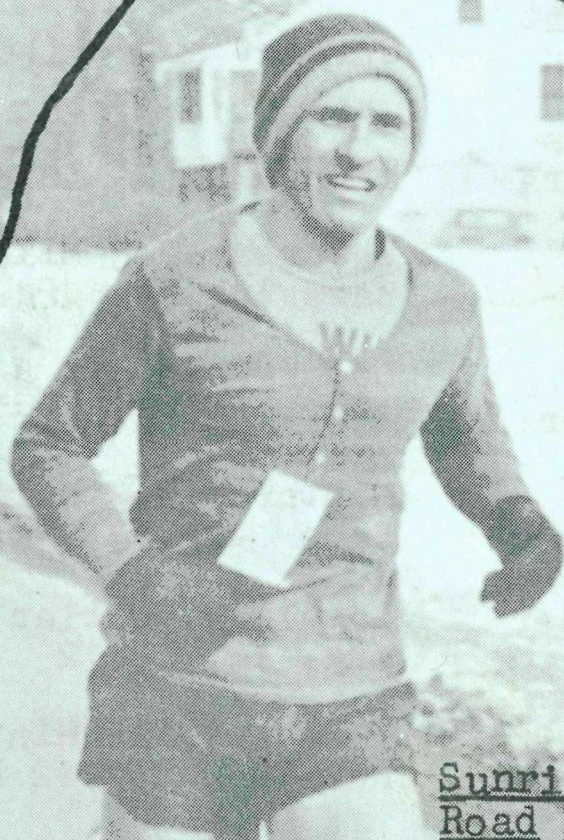


MAINE

R U N N E R



Sunrise County
Road Runners
Eastport

Bangor
Central Maine
Striders

Augusta
★

Androscoggin
Harriers

Maine Masters
Portland
Cheabeque Island
Track Club
Olympia Track Club
Chutes Strait Striders

No 9-78
Aug 30

60¢

The following sections are a permanent part of Maine Runner and each will appear when there is news that corresponds to that section and space is available.

1. Editor's Message
2. General Articles
3. Quotes from Runners
4. Runners Spotlight
5. Runners Write-In
6. Club News
7. Maine Road Races and Regional Marathon Schedule
8. Race Results
9. News Briefs
10. Thoughts on the Run
11. History's Corner

The following sections are directly available for reader contribution:

Sections: 3,5,6,8,9, and 10

Maine Runner

Rick Krause, Editor/Publisher
1 Summer St.
Pittsfield, Me. 04967
487-5579

Maine Runner is published 14 times a year every three weeks from mid-March to mid-December. (see back inside cover for subscription).

Current subscribers
151

Race Results this Issue

Waterboro 9.3 Mile Road
Race Aug. 5th Pg. 11

Dover-Foxcroft 5 Miler
Aug. 12 Pg. 8

Winthrop 9.3 Mile Road
Race Aug. 13 Pg. 18

Lovell 4.5 Miler
Aug. 12 Pg. 12

Presque Isle Mini-
Marathon Aug. 12 Pg. 16

Auburn 5 & 10 Kilometer
Races Aug. 19 Pg. 9

Falmouth, Mass. 7-Miler
Aug. 20 Pg. 10

ROAD RACES

Sept. 2 Bath Road Races; 5-miler and 1.5 miler; 1:00 register at the Bath Armory, Lincoln St.; course: (5-miler) - three hills; race director: Alex Wasilewski, Assist. Rec. Director, Bath Rec. Dept., Box 281, Bath, Me. 04530

Sept. 2 Great Wayne Foot Race 7-miles; 10:30; Director: Brian Shactor, Ladd Recreation Center, Wayne, Me. 04284; phone: 684-4616 (office).

Sept. 4 Bangor-Labor Day 5-Mile Road Race 2:00; register at the Bangor Auditorium, starts at the Paul Bunyan Statue on Main St.; course: rolling and downhill, with one large hill at 1.5 miles; sponsor: Bangor Recreation Dept., Bangor, Me. 04401.

Sept. 9 1st Annual Minerva Grange 6 Kilometer Road Race; at Levant; 8:30 AM; register at the Minerva Grange, Levant; course: rolling, 1 loop; \$3.00 entry; director: Earl Rafuse, 18 Mount Desert Dr., Bangor, Me. 04401; phone: 942-3689

Sept. 9 Hurricane Sail Association 1st Annual Road Race 10,000 meters; 11:00; register at the Hurricane Island Outward Bound School, Mechanic St., Rockland, Me. 04841; course: will be run in south end of Rockland and Owls Head. Director: Mary Amory, So. Freeport, Me. 04078; phone: 865-3525.

Sept. 10 Runners for Bill Cohen 4-Mile Road Race 12:30 for information, contact Brian Gillespie at 772-3617 or Gene Coffin at 772-1243. Race starts and Westbrook College, Stevens Ave., Portland.

Sept. 17 Auburn-Lewiston YMCA 4-Miler 1:00; register at the Auburn Armory, Pettengill Park; director: Peter Marczak, Auburn Parks and Rec. Dept., 24 Chestnut St., Auburn, Me. 04210.

Sept. 23 Litchfield Country Fair 6-Mile Road Race 9:00; register at school across from the fairgrounds, Litchfield; organizer: Maine Organic Farmers & Gardeners Association, Box 187, 110 Water St., Hallowell, Me. 04347; phone: 622-3118; \$3.00 entry for those who want T-shirts.

Sept. 23 Bar Harbor 13.1 Miler 12:00; sponsor-Bar Harbor Chamber of Commerce; for information contact Dennis Jenkins, Chamber of Commerce; Bar Harbor, Me. 04609; phone: 288-5103; \$5.00 entry, \$7.00 after Sept. 16th.

Sept. 23 September Scramble- for women; at Westbrook College; 4-miles; 12:00; director: Jean Miller, Westbrook College, 716 Stevens Ave., Portland, Me. 04105; phone: 797-7216

Sept. 24 James Bailey State Cross-Country Championships 1:00; at the University of Southern Maine (formerly UMPG); course: very hilly, dirt and hard-top; director: Dave Paul, 12 Rudman Rd., Portland, Me. 04102; phone: 774-4089; register at Hill Gymnasium on campus.

Sept. 30 1st Annual Blue Ox Co-Op 5-Mile Open Road Race 12:00; Bangor; at the Bangor Armory; course: 1 loop, no hills; \$3.00 entry; for information, contact John Frachella, Box 128B, Hudson, Me. 04449; phone: 947-0341 (office) or 884-7407 (home).

Oct. 1 Portland Elks 9th Annual Midi-Marathon 13 miles(?); 12:00; mostly flat with one hill at 10 miles; \$2.00 entry, \$2.50 post entry; entries close Sept. 29th; director: Phil Purington, 190 Ray St., Portland, Me. 04103; phone: 797-2492. Register at the Exposition Building, Portland.

Oct. 1 Bangor 10 Kilometer Road Race 9:45;
at the Air National Guard Air Field, Bangor;
director: Norm Boucher, 476 So. Main St., Old
Town, Me. 04468; phone: 827-5418(home), 1-800-
432-7948(work); course: flat; no entry fee.

Oct. 9 Columbus Day Road Races; So. Portland;
1-mile(11:30), 3-mile(12:00) 6-mile(1:00);
register at the K of C Hall, 408 Broadway, So.
Portland; course; rolling; director: Roger
Legere, 89 Wildrose Ave., So. Portland, Me. 04106

* Entry fees will be listed when known.

When requesting entry forms
from race directors, please
include a self-addressed,
stamped, envelope.

JAMIES BAILEY CO.

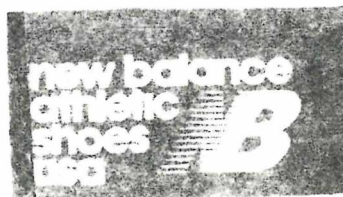
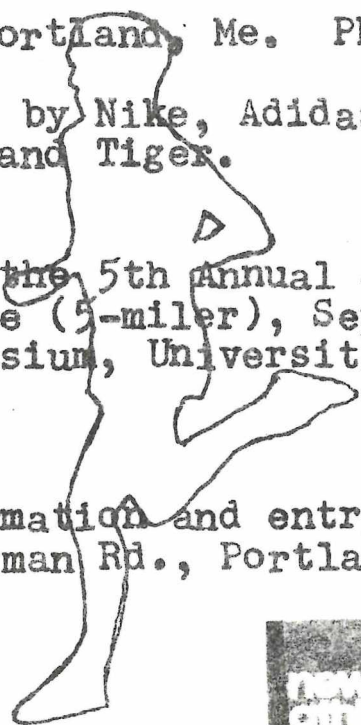
"The Maine Tradition in Sports"

264 Middle St., Portland, Me. Phone: 774-6635

Featuring: shoes by Nike, Adidas, Puma, New
Balance, Brooks, and Tiger.

Register for the 5th Annual James Bailey
Cross-Country Race (5-miler), Sept. 24th at
1:00. Hill gymnasium, University of Southern
Maine (UMPG).

For further information and entry forms: contact
Dave Paul, 12 Rudman Rd., Portland, Me. 04102
Phone: 774-4089



5
Sept. 4 Rochester Marathon 8:00; Rochester, N.Y.
G. Osborn, 561 VanVoorhis Ave., Rochester; 716-342-
Sept. 16 Lake Placid Marathon; starts at Paul 0308
Smiths College, Paul Smiths, N.Y. and finishes in
Lake Placid; 26.2 miles; 12:00; Organizer; Lake
Placid Sports Office, Olympic Arena, Lake Placid,
N.Y. 12946; Phone: (518)-523-3325

Sept. 17 Casco Bay Marathon; Portland, Me.; 9:00;
for entries and information, P.O. Box 3172,
Portland, Me. 04104. \$3.50 entry.

Sept. 24 Dixville Notch Marathon Erol, N.H.
1:00; \$3.00 entry; point to point course, Erol to
Colebrook; director: Rick Tillotson, Dixville Notch
Marathon, Dixville Notch, N.H. 03576

Oct. 1 Dartmouth Marathon; at Hanover, N.H.; 10:30
for information: write to Marathon Director,
Dartmouth Medical School, Hanover, N.H. 03755.

Oct. 1 Maineac '78 Marathon - Bangor; 9:30;
Registration, start, finish at the Air National
Guard Air Field, Bangor; no post entries;
director: Norm Boucher, 476 So. Main St., Old
Town, Me. 04668; Phone: 827-5418 (home)
1-800-432-7948 (work). No entry fee.

Oct. 8 Finger Lakes Marathon; Ithaca, N.Y. 12:30
course: point to point; director: James Hartshorne,
108 Kay St., Ithaca, N.Y. 14850.

Oct. 21 Skylon Marathon Buffalo, N.Y. 12:30;
director: Frank Neal, 10 Beard Ave., Buffalo,
N.Y. 14214

Oct. 29 Ocean State Marathon, Newport, R.I.
Director: William McNulty, 44 Lawnwood Rd.,
No. Kingston, R.I. 02852; Phone: (401)295-0219

Oct. 22 New York City Marathon 10:30
Staten Island, N.Y., For information: New York
Road Runners Club, P.O. Box 881, FRD Station,
New York, N.Y. 10022.

Dec. 3 Jersey Shore Marathon 11:00
at Asbury Park, N.J.

Dec. 3 Ridgefield Connecticut Marathon
course: single loop; director: Tom Nash, 490
Main St., P.O. Box 397, Ridgefield, Ct. 06877
Phone: 438-6000

Editor's Message

Since the last issue went out I have been through the mill, having had both bad news and good news. The second class permit was turned down and my printer went up 30% in his rates! Up until only a day ago I thought that it was going to be back to the duplicator once again because my funds are low, and with the increased costs of printing with the last issue, I lost money.

However, I went out and contacted some prospective advertisers and if they keep their word, there will be at least a few ads in this issue. Secondly, after shopping around for more reasonable printing rates, I did find someone who could offer a low enough price to keep me at least out of debt.

Among the good news is that once I reach 200 subscribers, I can use bulk rate postage and save more than half of what I am paying now. Also, with bulk rate, there is no weight limitation and therefore, I can have as large a magazine as I like with no postage penalty. This will also mean that there will be no limit on the number of entry forms sent out through Maine Runner.

The subscriptions are at 151 presently so I will be working hard to gather up the remaining 49 needed. When that time comes, things will look a little less shaky financially.

Although this issue has yet to be typed as I write, it looks like there will be sufficient room for the Runners Write-In Column and for the Runners Spotlight Section, both of which were pushed out of the picture in the previous two issues.

With the smaller racing fields recently, it appears that some of you runners are at the stage of taking a brief rest before your final "kick" into the fall months. I'm among those and plan to run just one race between now and the Casco Bay Marathon.

On Aug. 20th I was at the Falmouth, Mass. 7-Miler where the "big-time" gather in quantity from all over the U.S. This is one of the most

competitive races anywhere in the country and Joan Benoit of Cape Elizabeth came out No. 1! She ran the 7.1 mile course in humid weather with a time of 38:50, about 25 seconds ahead of her nearest competition. Bruce Bickford of Benton, Maine, placed 6th in the open class, just 50 seconds behind winner Bill Rodgers. Check out the list of runners that Bruce left in the dust in the results section and you may be a little surprised.

Maine, thus, has two very promising prospective olympians for 1980. It made me feel good to see Joan being interviewed (TV cameras and all) by Amby Burfoot and a horde of reporters from all around the East. Several thousand cheered as she received the laurel wreath on the platform with 1st place honors.

I watched Bill Rodgers as he signed autographs at least two hours after the race and during this time I was able to chat with Burfoot, Phil Stewart of Running Times, Mike Buckley, Ken Flanders, Jim Doane, and Joan Benoit. I made the mistake of bringing only my movie camera, however, so I won't have any photos for Maine Runner concerning this event.

In early September I plan to interview Joan and report the results in the issue immediately following that interview date. Fred Judkins has already been interviewed and I hope to catch Bruce Bickford sometime before he starts back to school at Northeastern.

In final conclusion, I will be starting work with The Good Sports in Brunswick on Sept. 5th and will be moving to that area of the state. Any of you in the Brunswick vicinity can pick up a copy of Maine Runner at the store, but do stop in anyway for a little running conversation and if I can't interest you in a pair of shoes, maybe a hockey stick will do (for the dogs).

Rick Krause

RESULTS

Dover-Foxcroft Five Mile Road Race Aug. 12 40 finishers

1. Fred Judkins	23:45	Waterville
2. Rick Krause	24:41	Pittsfield
3. Sheldon Booze	25:01	Ellsworth
4. William Kenny	25:18	Bangor
5. Dennis Croteau	25:36	Dexter
6. Danny Buck	25:48	Hampden
7. Warren Petterson	26:17	Guilford
8. David Stratton	26:27	Bangor
9. Darrell Seekins	26:35	Searsport
10. Rick Sterling	26:36	Lewiston
11. Danny Dearing	27:02	Millinocket
12. Frank Turek	27:03	Dexter
13. John James	28:04	Skowhegan
14. Rusty Sweeny	29:08	Dover-Foxcroft
15. John Trefethen	29:11	Ellsworth
16. Kevin Kenny	29:18	Bangor
17. Mark Simpson	29:17	Farmington
18. Fergus Kenny	29:18	Bangor
19. Cliff Hatfield	29:36	Bangor
20. Stephen Kozlovich	29:56	Millinocket
21. Dave Clement	31:24	Dover-Foxcroft
22. Kirby Turner	31:55	Greenville
23. Dan Schottenfeld	32:17	Dexter
24. Ronald Locke	32:25	Dover-Foxcroft
25. David Hyde	32:53	Dover-Foxcroft
26. Loren Ritchie	33:17	Patten
27. Jerome Libby	33:23	Dover-Foxcroft
28. Jackie Trefethen	33:55	Ellsworth
29. Rick Clawson	34:15	Monson
30. Bill Freedman	34:15	Dexter
31. Matt Turek	36:07	Dexter
32. Edward O'Connell	36:13	Dexter
33. Bob Foreman	37:03	Dover-Foxcroft
34. Richard Maxell	38:13	Dexter
35. David Lagare	39:15	Waban, MA
36. Aaron Lagare	39:15	Waban, MA

37. Arnold Poland 44:37 Dover-Fox.
 38. Nancy Hatfield 45:48 Bangor
 39. Betty Ellen Kiah 52:51 Dover-Fox.
 40. Louise Clement 53:25 Dover-Fox.

Divisions

15 and under
 Boys- Frank Turek

16-19
 Girls- Jackie Trefethen
 Boys - Danny Buck

20-29
 Men- Warren Patterson
 Women- Betty Ellen Kiah

30-39
 Men- Rusty Sweeny
 Women- Nancy Hatfield

40 and over
 Men - Cliff Hatfield

Race director- Mike Boss
 Race results- Bob Shank,
The Gazette, Dexter

Auburn 5 and 10 Kilometer Races Aug. 19 5K (18 finishers) 10K (34 finishers)

5 Kilometer

1. Brad Brown	17:18	
2. Ron Zorn	19:35	
3. Terry Bell	20:05	
4. Lee Feldman	20:46	
5. Doug Daggett	21:23	1st Jr. Master
6. Paul Ouelette	21:58	
7. Christopher Kein	22:59	1st 17 & under
8. Kevin Kein	23:23	
9. Peter Allen	24:25	
10. Susan Edwards	24:27	1st woman
11. William Fox	24:49	1st master
12. Paul Goss	25:02	
13. John Jacobs	26:08	
14. Marc Morin	26:18	
15. Janice Mildram	26:49	2nd woman
16. Tina Gordon	26:58	1st 30-39
17. Kris Zuckerman	28:37	
18. Maureen O'Connell	28:42	

10 Kilometer

1. Thomas Bell	36:18
2. Neil Lash	37:15

3. Dennis Smith	37:58	
4. Mitch Lovering	38:11	
5. Sam Sleeper	38:43	1st Jr.Master
6. Rick Sterling	39:25	
7. Alan Swan	39:37	1st under 17
8. Jim Keene	39:59	
9. Mat Lovering	40:00	
10. Peter Kelliher	40:19	2nd Jr.Master
11. Dick Gallant	40:42	1st Master
12. Stuart Payne	42:00	2nd 17-
13. Steve Johansson	42:17	
14. David Young	42:40	
15. James Kein	42:55	
16. Tom Flynn	43:16	
17. Dick Trafton	43:32	
18. Gary Wever	44:08	
19. Tom Magno	44:19	
20. Charlie Gordon	44:29	
21. Walter Rotz	45:18	
22. Ted Perry	45:31	2nd Master
23. Dan Goff	47:18	
24. Bill Katz	47:25	
25. Faye Gagnon	48:32	1st woman
26. Barbara Trafton	49:06	2nd woman
27. Bryen Dench	52:05	
28. Ben Zuckerman	52:23	
29. Orlando Delogu	53:36	
30. Alan Holbrook	54:14	

31. Joe Lelansky	55:56
32. Ed Krokeiki	58:48

Peter Marczak
Race director

Falmouth, Mass. 7-Mile Road Race
Aug. 20 3,500 (approx.) finishers

1. Bill Rodgers	32:03	Melrose
2. Mike Roach	32:21	NJ
3. Craig Virgin	32:35	Oregon
4. Mike Slack	32:45	Minneapolis
5. Greg Fredericks	32:46	Penn.
6. Hillary Tuwei	32:49	VA
*7. Bruce Bickford	32:53	Benton, Me.
8. Bob Hodge	32:56	Lowell
9. Greg Meyer	33:01	GBTC
10. Alberto Salazar	33:04	Mass.
11. Randy Thomas	33:05	Mass.
12. Hollie Walton	33:08	RI
13. Michael Hogan	33:26	NYC
14. Rudy Chapa	33:28	Indiana
15. John Flora	33:28	Northeastern

16.	Ken Mesnier	33:28	Fla.
17.	Bob Anastasio	33:34	NJ
18.	Guy Arborgost	33:46	Colo.
19.	Lawrence Olsen	33:56	Mass.
20.	Dick Buerkle	34:04	N.Y.
21.	Stan Mavis	34:04	Mich.
22.	Carl Hatfield	34:08	W.VA
23.	Scott Graham	34:09	Mass.
24.	Ron Spiers	34:10	NJ
25.	Bill Sigben	34:10	NJ
26.	Jeff Galloway	34:10	NJ
27.	Edward Sheeham	34:11	Mass.
28.	George Reed	34:12	GBTC
29.	Gary Cohen	34:13	NJ
30.	John Dimmock	34:20	VT
31.	Jim Crawford	34:25	Oregon
*32.	Mike Buckley	34:29	Mass.
*35.	Ken Flanders	34:36	Portland
*40.	Paul Oparowski	34:41	Conn.
*64.	Jim Doane	36:18	Portland
*87.	Bruce Freme	37:11	Caribou

Women

*1.	Joan Benoit	38:30	Cape E.
2.	Patty Lyons	38:55	Mass.
3.	Lynn Jennings	38:56	Harvard
4.	Martha White	39:05	Penn.
5.	Marge Rosasco	40:40	MD

6.	Gayle Barron	41:41	Georgia
7.	Charlotte Lettis		NH
8.	Doreen Ennis		AANJ
9.	Kim Merritt		Wisc.
10.	Laurie Pedrinan		NYC

Rick Krause

Waterboro 9.3 Mile Road Race
Aug. 5 34 finishers

1.	Gene Coffin	51:58
2.	Brian Kuprewicz	53:09
3.	Bruce Lehave	53:29
4.	Neil Lash	54:10
5.	Steve Mulhern	54:27
6.	David Loranger	55:41
7.	Ken Lavallee	56:36
8.	Malcolm McKenzie	57:12
9.	Marc Lessard	57:59
10.	Richard Mulhern	59:03
11.	Wayne Clark	59:23
12.	Lloyd Slocum	60:23
13.	Ken Rosen	61:09
14.	Blaine Bondreau	61:37
15.	Willie Wall	61:46

16.	Ed Malone	61:50
17.	Wayne Laroche	62:34
18.	Robert Lanigra	63:42
19.	Lester Barry	63:42
20.	Guy Furbush	64:32
21.	James Kein	64:46
22.	Carlton Mendell	66:07
23.	David Young	66:15
24.	Kim Beaulieu	66:34
25.	Martin Donlon	67:29
26.	Ted Perry	69:19
27.	Debbie Loranger	72:39
28.	Kevin Chute	73:40
29.	Roland Morin	75:20
30.	Allen Harrison	75:39
31.	Dabra Scannel	76:21
32.	Orlando Delogo	76:32
33.	Anthony Cushman	77:14
34.	Richard Heikkinen	78:45

Jr. Masters

1.	Neil Lash	54:10
2.	Wayne Clark	59:23

Masters

1.	Malcom McKenzie	57:12
2.	Lloyd Slocum	60:23

Women-Open

1.	Kim Beaulieu	66:34
2.	Debra Scannel	76:21

Oldest Male - Carlton Mendell 66:07

Oldest Women - Debbie Loranger 72:39

Don Berthiaume
Race director

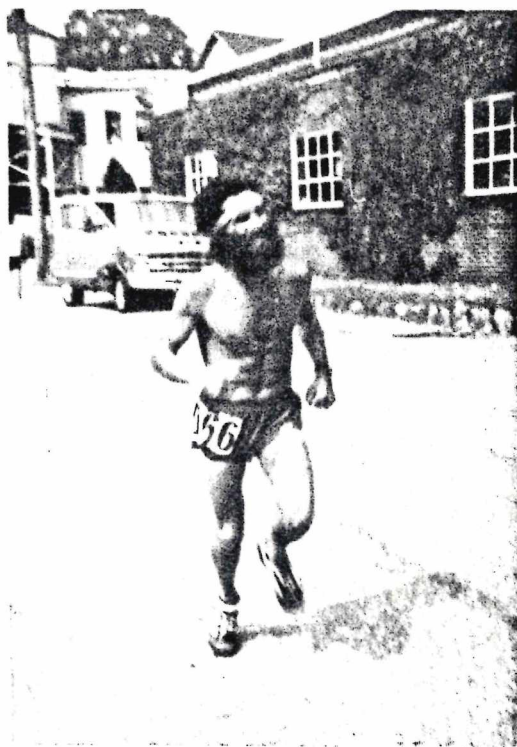
Lovell 4.5 Mile Road Race

Aug. 12 126 finishers

1.	Dan Barker	23:45	11.	Dan McGarry	26:55
2.	Walt White	24:07	12.	Mike Clark	27:14
3.	Bill Hine	24:43	13.	Larry Gales	27:20
4.	Bob Maloney	24:57	14.	Jim Babb	27:21
5.	John Hankins	25:08	15.	Dick Matthews	27:45
6.	Kevin McDonald	25:38	16.	John Simpson	27:48
7.	Charlie Pratt	25:43	17.	Lee Thibodeau	27:52
8.	Charlie Maddaus	25:56	18.	Alan Swan	27:53
9.	Matt Johnson	26:21	19.	Elliot Andrews	27:54
10.	Lee Faubanke	26:37	20.	John Graves	28:05

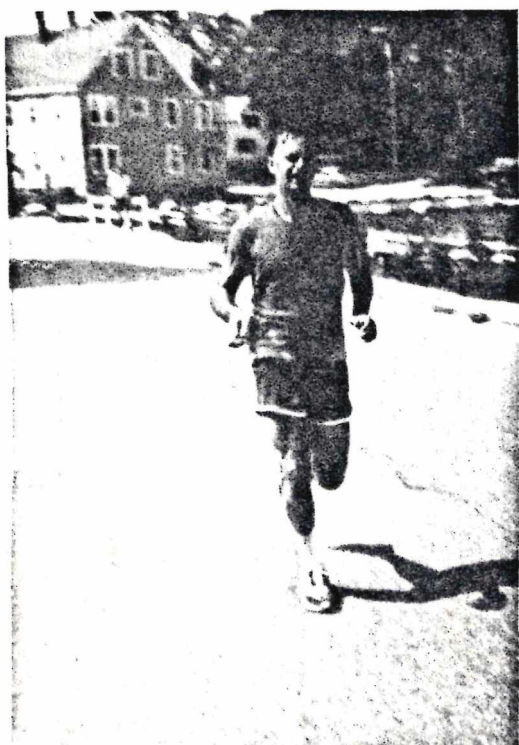


Harold Hatch-Castine



John Frachella-Hudson

Peter Kelliher



Bob Booker-E. Holden



21. Harvey Rohde	28:11	48. Sara Sundborg	32:00	75. Kathy Waly	36:56
22. Bill Cane	28:17	49. Gregg Cunningham	32:02	76. Donna Mack	37:01
23. Ronald Zorn	28:24	50. Dave Hankins	32:09	77. Jay Bloom	37:09
24. John McKnery	28:28	51. Don Tibbideau	32:30	78. Susan Hankins	37:10
25. Chris Seitz	28:35	52. Bob Howe	33:09	79. Christina Russell	37:16
26. Buzz Hurlander	28:36	53. Dick Fogg	33:17	80. Scott Hamen	37:22
27. Ed Malone	28:37	54. Jerry Levine	33:17	81. James Ohmeis	37:32
28. Robb Bloom	29:01	55. Jay Brenchick	33:19	82. Dennis Morrill	37:50
29. Cliff Hopkins	29:45	56. Pheebie Levine	33:22	83. Frank Mueller	37:53
30. John Atwood	29:51	57. John Brenchick	33:24	84. Cathy Livingston	37:55
31. Mel Cherry	29:51	58. Dan Reddy	33:25	85. Gay Hatch	38:24
32. Burney Livingston	30:00	59. Ross Krinsky	33:26	86. Bob Fischer	38:25
33. Bill Maggerty	30:01	60. Rick Barr	33:39	87. Allison Rohde	38:27
34. Jeff Suhr	30:17	61. Orlando Delogu	33:58	88. Lee Grondin	39:40
35. Dave Castle	30:22	62. Ed Juhl	34:03	89. Jon Malone	39:54
36. Glen Whichard	30:26	63. Richard Heikkinen	34:04	90. Ted Mack	39:56
37. Ted Perry	30:27	64. Jack Milton	34:08	91. Cindy ?	39:59
38. Pat Williams	30:46	65. Debbie Knight	34:11	92. Laura Williams	39:59
39. Mark Williams	30:51	66. Tom Erk	34:15	93. Jon Malone	40:15
40. Graig Watson	31:03	67. Grald Joly	34:17	94. Dick Lyman	40:36
41. Tom Winsor	31:04	68. Dan Bean	34:29	95. Paul Krinsky	40:46
42. George Osler	31:14	69. David Whiting	34:40	96. Tom Hughes	41:01
43. Joe Connelly	31:37	70. Peter Gately	34:42	97. David Evans	41:29
44. Carlton Mendell	31:39	71. Heidi Pike	35:08	98. ?	41:59
45. John Gasser	31:47	72. Steven Pradell	35:18	99. Skila Cole	42:01
46. Matt Williams	31:53	73. Leah Silverman	35:48	100. Matt Perry	42:01
47. Richard Stratton	31:54	74. Noel Lipman	35:49	101. Bill Wood	43:09

102. Willard Haggett 43:27
 103. ? 43:28
 104. Marsha Welch Salvo 43:29
 105. Sam Pattie 45:23
 106. Jason Cote 45:26
 107. Roger Williams 46:16
 108. Anne Williams 46:31
 109. Barb Graham 46:55
 110. Grig Connell 47:01
 111. Carolyn Hughes 47:48
 112. Katherine Kendall 49:50
 113. Sandy Joly 50:01
 114. Caroly Hannell 50:06
 115. Mary Cardona 50:09
 116. Bill Constantine 51:36
 117. Priscella Pike 51:36
 118. Tom Pike 53:26
 119. Kari Riggins 55:40
 120. Jean Hankins 56:20
 121. Kevin Bryant 56:37
 122. Norma Millett 56:42
 123. Pala Cardona 57:01
 124. Jimmy Slocum 57:32
 125. Mark Lewis 57:45
 126. Buzzy Cray 58:10

One-Mile, 10 & under

1. Erik Dunham 5:39
 2. Morgan Rohde 6:17
 3. Shawn Livingston 6:22
 4. Terry Livingston 6:26
 5. Jim Bosworth 6:38
 6. Steven Bennett 6:42
 7. Alex Dalzell watch
 8. Tara Feeney stopped
 9. Mike Zorn
 10. Heidi Hatch
 11. Joey Connolly
 12. John Windson
 13. Sara Seevey
 14. Curt Watson
 15. Jon Williams
 16. John Boxworth
 17. Deana Vance
 18. Dawn Mack
 19. Heather Pike
 20. Dianne Vance
 21. Michelle Grondin
 22. Corley Cunningham
 23. Todd ?
 24. Matt George
 25. Robin Dunham
 26. Wendy Dunham
 27. Kim Riggins

28. Dawn Vance
 29. Brian Malone
 30. Jesse Knight

The kids really seemed to enjoy their race and I think its going to grow next year.

We had a good day for racing, 68 degrees and overcast, and the rain held off until after the awards had been given out.

A note of humor, now that its over, the State tore a wooden bridge out the day before the race and it took some fast work by myself and friends to make the repairs but we made it.

Kevin McDonald
 Race director

Spudland Natural Light Mini-
Marathon 13.1 miles
 Aug.12 81 finishers

1. Andy Palmer	Mars Hill	1:11:24
2. Greg Wardwell	Caribou	1:12:32
3. Bill Pike	Calais	1:13:16
4. Sam Pelletier	Fort Kent	1:14:33
5. Ralph Thomas	Gardiner	1:15:07
6. Frank Thiboudeau	Fort Fairfield	1:15:44
7. Danny Paul	Farmington	1:16:08
8. Dan Bondeson	New Sweden	1:17:55
9. Doe McGuire	Woodstock, N.B.	1:18:08
10. Gary Wakeland	Loring	1:20:22
11. Bob Thomas	Bangor	1:21:08
12. Mike Cyr	Fort Fairfield	1:21:38
13. Frank Wilcox	Hampden	1:23:13
14. Tim Michalka	Oxbow	1:24:28
15. Stephen Brown	Presque Isle	1:26:00
16. Bill Gayton	Topsham	1:26:03
17. Micheal Simmons	Fredericton NB	1:26:30
18. Wally Babbage	Limestone	1:26:40
19. John Frachella	Hudson	1:26:48
20. Joe Pickens	Caribou	1:27:20
21. Jendall Johnson	New Sweden	1:29:01
22. Paul Libby	Presque Isle	1:29:49

23. Dave Plourde	Caribou	1:30:59
24. Sam Mamilton III	Caribou	1:31:16
25. Gary Quimby	Hampden	1:32:34
26. Matt Nightengale	Ft. Fairfield	1:33:25
27. Marc Delong	Fridgewater	1:33:29
28. Myron Whipkey	Washburn	1:34:10
29. Paul Raymond	Caribou	1:34:11
30. Steve Porter	Presque Isle	1:34:55
31. Greg Hale	Madawaska	1:34:58
32. Mark Bouchard	Caribou	1:35:34
33. Roger Pelletier	NB	1:35:45
34. John Lisnik	Presque Isle	1:35:46
35. Ben Watters	Loring	1:36:15
36. Ray Quimby	Brooks	1:36:45
37. Andrew Wylie	Frenchville	1:37:25
38. Tony Prest	Bridgewater	1:37:38
39. Ed Slavens	Loring	1:38:01
40. John Craig	NB	1:38:05
41. Dave Campbell	Caribou	1:38:27
42. Barbara Hamaluk	Bangor	1:38:32
43. Alban Pelletier	Ashland	1:42:58
44. Larry Lunn	Bangor	1:43:07
45. Anthony Mulvey	Bangor	1:43:08
46. Byron Wickham	Loring	1:43:52
47. Martin Donlon	Portland	1:44:07
48. Dwight Pickens	Caribou	1:44:22
49. Lawrence Whipkey	Washburn	1:44:54

50. Bill Green	Bangor	1:45:02
51. Ed Fenlon	Mass.	1:45:38
52. Mickey Buckingham	Blaine	1:46:00
53. John Balicki	Caribou	1:46:22
54. Thomas McDonough	Presque Isle	1:46:26
55. Dick Harshmann	Bangor	1:52:14
56. Norman Carlisle	Bangor	1:53:10
57. Kathy Smith	Presque Isle	1:59:15
58. Max Werner	Caribou	1:59:15
59. Jane Cyr	Madawaska	1:59:36
60. Charles Cyr	Ft. Fairfield	1:59:48
61. Ernesto Martinez	Loring	1:59:49
62. Andy Buckley	Presque Isle	1:59:52
63. Paula Kneeland	Mars Hill	2:00:25
64. Ann Hale	Madawaska	2:00:49
65. Keith Schacter	Conn.	2:02:08
66. Bob LaPointe	Presque Isle	2:03:09
67. Sally Jaime	Mars Hill	2:03:48
68. Paul Sharock	Loring	2:05:45
69. George Higgins	Presque Isle	2:08:09
70. Jim Hawks	Caribou	2:11:16
71. Nate Lowrey	Caribou	2:11:19
72. Susan Jaime	Mars Hill	2:17:00
73. Mitzi Kopteros	Sheridan	2:18:26
74. Carol Belanger	Caribou	2:19:19
75. Peter Buckley	Presque Isle	2:27:54
76. Nancy Schneider	Millinocket	2:33:16
77. Gary Langley	Caribou	2:41:11
78. Mildred Merchant	Presque Isle	2:43:12

79. Grace Jepson	New Sweden	2:43:48
80. Marie Martin	Presque Isle	2:55:50
81. Lloyd Sutherland	Houlton	3:10:00

Team Winner - Caribou Joggnauts

Andy Palmer	1st
Greg Wardwell	2nd
Dan Bondeson	8th
Gary Wakeland	<u>10th</u>
	21 pts

Junior Division

1. Matt Nightingale	Ft. Fairfield
2. Paul Raymond	Caribou
3. Greg Hale	Madawaska

Masters Division

1. Waldron Babbage	Limestone
2. Lefty Johnson	New Sweden
3. Sam Hamilton III	Caribou

Womens Division

1. Barbara Hamaluk	Bangor
2. Kathy Smith	Presque Isle
3. Jane Cyr	Madawaska

Conrad Walton
Race director



A 6.2 mile road race will be sponsored by Hurricane Sail Association open to any interested persons over the age of 12.

DATE: Saturday, September 9, 1978

REGISTRATION: By mail before September 6, or at the start from 9:45 - 10:45.

STARTING TIME: 11:00. Numbers will be distributed at the Registration Table.

FACILITIES: Bathrooms and showers will be provided in the buildings of the Hurricane Island Outward Bound School, beside the parking area. Food will be for sale after the race.

ENTRY FEE: \$1.00 will be the entry fee payable to Hurricane Sail Assoc. at registration.

DIRECTIONS: Take U.S. Rt. #1 to Rockland. Where Rt. #1 turns left to become Main St., take a right on Rt. 73. Follow 73 until just after Curtis Market. Turn left on Mechanic Street. School is on right.

ENTRY FORM

Please Print

Name _____ Age _____

Address _____

In consideration of this entry being accepted, I hereby for myself and my heirs, executors or administrators waive and release all rights and claims for damages I may have against the towns of Rockland and Owls Head, and the sponsors of this race for any and all injuries that may be suffered by me before, during and after the First Annual Hurricane Sail Association Road Race.

signature

MAINE'S MAJOR ROAD RACE

9th ANNUAL

The Portland Midi-Marathon!!

A 13 MILE RUN SPONSORED BY:

The Portland Lodge of Elks masters-open

IN CONJUNCTION WITH:
THE MAINE MASTERS TRACK CLUB

The course follows the rim of Portland's Peninsula — jutting into picturesque Casco Bay
and finishes through Longfellow's "shadows of Deering's Woods."

PORTLAND, MAINE — SUNDAY — OCTOBER 1, 1978

12:00 Noon in front of Portland Exposition Building

MERCHANDISE AWARDS:

The First Fifteen To Finish:

The First Four 30-39; 40-49

50-59; 60-up; First Four Women.

First Woman Over 40

RECORDS:

Open	Bill Rodgers	1:04:16
30-39	Ralph Thomas	1:06:39
40-49	Ralph Thomas	1:09:34
50-59	Bill Tribou	1:21:46
60-up	Johnny Kelley	1:23:26
Women	Charlotte Lettis	1:18:07

PREVIOUS WINNERS

1970	Pat McMahon	1:07:23
1971	Ralph Thomas	1:07:31
1972	Ralph Thomas	1:07:16
1973	Ralph Thomas	1:06:39
1974	Ralph Thomas	1:08:13
1975	Chris Chambers	1:05:54
1976	Bill Rodgers	1:04:16
1977	Dan Paul	1:09:47

*DRESSING ROOM AVAILABLE AT EXPOSITION BUILDING

* COURSE POLICE PROTECTED

* WATER STATIONS

Entry Fee: \$2.00; Post entries \$2.50 (until 11:00 A.M.)

Entries Close Friday, September 29th

REFRESHMENTS AT ELKS CLUB
AFTER RACE

Race Results Will Be Available

OFFICIAL ENTRY FORM

THE PORTLAND MIDE-MARATHON

PORTLAND, MAINE — OCTOBER 1, 1978

In consideration of this entry being accepted, I, for myself, heirs and assigns waive and release any and all rights and claims for personal damages I may have against the sponsors of this race or the AAU and its officials.

Signature _____ Club or School _____
Name (print) _____ AAU-RRC Number _____
Address _____ Date of Birth _____
_____ Age (on Oct. 1st) _____

ON BACK SIDE OF THIS FORM NOTE RECENT CREDITABLE PERFORMANCES FOR PUBLICITY REASONS.
MAIL ENTRY PLUS \$2.00 ENTRY FEE TO:

Phil Purington
190 Ray Street
Portland, Maine 04103
Tel: 797-2492

Common Ground Country Fair

10 KILOMETER FOOT RACE

Saturday, September 23rd, 9am
Litchfield Fairgrounds, Litchfield, Maine

\$3.00 entry fee for those who want T-shirts
and free entry to the Fair; those who pay no entry
fee are eligible only to run

Trophies: First MOFGA finisher
Last Place
1st thru 5th finisher
1st boy/girl under 18
1st woman/man 30-39, 1st woman/man 40-49
1st over 50, 1st Litchfield resident
Team Award

The race is being held in conjunction with the Common Ground Country Fair, a real family fair. The Litchfield Fair Grounds are a short distance southwest of Augusta, in beautiful running country. Registrations will be taken up to 8:45, with pre-race instruction following. Race begins at the school across from the fairgrounds, out the dirt road to Huntington Hill Road, left to Rte. 197, left again to Hallowell Road, left again and into the Fairgrounds, ending at the exit gate. Bring the whole family for a really fine day. SEND ENTRIES TO: Skip Howard, P.O. Box 562, Bangor, ME 04401.

THIS IS YOUR FREE ENTRY TO THE FAIR---HOLD ON TO IT!

ENTRY FORM

NAME _____	AGE _____	NUMBER _____
ADDRESS _____	ENTRY PAID YES _____ NO _____	
TEAM _____	T-SHIRT SIZE S _____ M _____ L _____ XL _____	

In consideration of this entry being accepted, I hereby for myself, my heirs, executors, administrators, waive and release any and all rights and claims for damages I may have against the organizations holding this event for any injuries suffered by me at said event.

SEND ENTRIES TO: Skip Howard, PO Box 562, Bangor, ME 04401 207-622-3118

Winthrop Lions 9.3 Mile Road Race
Aug. 13 44 finishers

1. Fred Judkins	48:50	24. John Linscott	1:05:00
2. Bill Sayres Jr.	51:38	25. Andrea Hatch	1:05:21
3. Tom Bell	52:15	26. Carlton Mendell	1:05:29
4. Rick Krause	52:57	27. Marty Thornton	1:06:10
5. Rick Wells	54:58	28. Tom Flynn	1:06:30
6. George Liming	55:17	29. Charles Gordon	1:07:19
7. Tom Doyle	56:36	30. Dick Spires	1:07:41
8. Cliff Hatfield	57:54	31. H.B. Richardson	1:07:56
9. Jim ?	58:39	32. Richard Segal	1:12:37
10. Mike Dalley	58:53	33. Roland Morin	1:13:27
11. Peter Kelliher	59:28	34. Cheryl Harrington	1:16:57
12. Allen Pierce	59:38	35. Clifton Fletcher	1:17:07
13. Bill Sayres	59:50	36. Maggie Newton	1:19:15
14. Chris Jones	1:00:13	37. Dick Sullivan	1:19:41
15. Bryant ?	1:00:19	38. Patricia Luce	1:20:09
16. Dick MacDonald	1:00:46	39. Ed Krolicki	1:21:30
17. John Trefethen	1:00:48	40. Charlie Woodward	1:21:48
18. Dana Maxim	1:01:23	41. Anne Norton	1:23:19
19. Bob Booker	1:03:14	42. Gladys Richardson	1:24:27
20. Cliff Hopkins	1:03:40	43. Mike Levey	1:30:34
21. Robert ?	1:03:52	44. Ann Kuningas	1:31:02
22. Richard Morris	1:04:32		
23. Ray Paquette	1:04:37		

4-Miler

1. Gerry Clapper	20:42
2. Harold Hatch	20:46
3. Mitch Lovering	22:13
4. Daniel Campbell	22:25
5. Gene Roy	22:42
6. David Thurlow	22:52
7. Peter Lessard	23:16
8. Mark Hatch	24:48
9. Ted Perry	26:03
10. Scott Sullivan	26:43
11. Stephen Sullivan	27:39
12. Joseph Perry	27:43
13. Margaret Clapper	28:00
14. Dale Richardson	30:00
15. Lisa Thurlow	31:08
16. Wayne Dorr	31:33
17. Stephen Perry	32:42
18. Peter Sullivan	33:24
19. Nancy Sullivan	33:24
20. Leona Clapper	33:36
21. Kristina Gordon	34:09
22. Charles Clapper	34:25
23. Karen Perry	41:44

George Maxim
Race director

Runners Spotlight

It was June, 1974, and the occasion was the Cape Elizabeth 9-Mile Road Race. In the hallway of the high school before the race, I saw a face which I'd seen at many races before. Dennis Morrill had already become a noticable figure in Maine road racing. He inserted his since of humor into it as he mixed with many of the top runners in the state.

For quite some time I saw only the humorous side of this runner because that seemed to be predominant. As the years passed by, however, and I got to know him better, it was obvious that Dennis, then an English teacher, was not only quite intelligent but had a real serious interest in the welfare of road racing in this state. He was then and still is one of the handful of individuals who has an opinion on all issues of LDR and does not hesitate to make his views known. It is because of people like this, that the sport has survived and continues to grow with that one important characteristic-quality.

Thus, like Dick Goodie, Dick MacDonald, Brian Gillespie and others who have an interest and have made their feelings known, Dennis, who is now 38 and lives in So. Portland, has become a respected member of the team that gets things done. He is a member of the state-wide committee which chooses the Maine Runner of the Year and other distinguished awards that are presented at the year's end Cape Elizabeth Turkey Trot (a race you won't want to miss.)

If you run the opening race of the season in mid-March at Riverside in Portland, you will see the subject of this article there - director of the race, one of many races that the Maine Masters sponsors.

Here are some of Dennis' "opinions" and personal philosophies about his own running and LDR in general. When asked what he liked most about running, he responded, "Running is a tension reducer. One feels relaxed after a workout and the shower or sauna after. One feels more secure as an individual - no one but

yourself can control where you will go and for how long."

How did he get started into running? Here is how he put it. "Well, it was not because I wet the bed and my mother hung the sheet out the window to show the world, as shown in a recent TV movie. As a kid I enjoyed running the woods trails around Sebago in North Windham. I still love to do it."

His personal goals as a runner/racer/race director are expressed as follows: "In my dreams I have beaten Ziggy Gillespie although in reality never. But not even in my dreams has my subconscious allowed me a peek at beating Ralph Thomas. One goal as a race director has been trying to convince a fellow runner to take over my directorship. Most complainers never directed nor intend to direct a race. One of my goals is not to run the Boston Marathon or any distance over ten miles if I can help it. Some of the people who run the marathon should not be there. It seems as if its a rite of passage to say (1) I ran Boston in 19__ or (2) I finished Boston in ____."

Dennis says this about Maine road racing: "Maine road-racing has flowered greatly in the last decade. Of course I cannot say what Rollie Dyer would think now especially since Rollie was a straight AAU man. But he might not have approved of the recent AAU reluctance to accept responsibility. Road racing's future will not depend on AAU acceptance or not. It will depend on the general publics acceptance as more and more people gather together to join the fun. The road should be free for runners as long as the runners share the road with others."

On Memorial Day this year at Gorham an incident occurred which was mentioned briefly in an earlier issue. If you don't recall it, here it is once again. As it turned out, when it came near time for the race to start on this scorching hot day, the race director had not yet arrived and it looked as if he wouldn't be coming at all. About ten minutes before the start (scheduled start), a voice awoke the large group that had gathered and it was Dennis Morrill. Even though he'd come there to race, as did the others, he was ready to help

the runners in the way that he knows best - by doing something. In ten minutes, we were on the run as if nothing had ever gone wrong to begin with. Dave Paul of Portland came by to help out as well, and even without competitors numbers to record, they got the name and time of every last finisher. I doubt if anyone cared or even noticed the absence of the awards in this race. They'd come there to race.

Rick Krause

Classifieds

\$3.00 for the first three lines,
75¢ for each additional line. Each
line has 40 letters, spaces, or
punctuation marks.

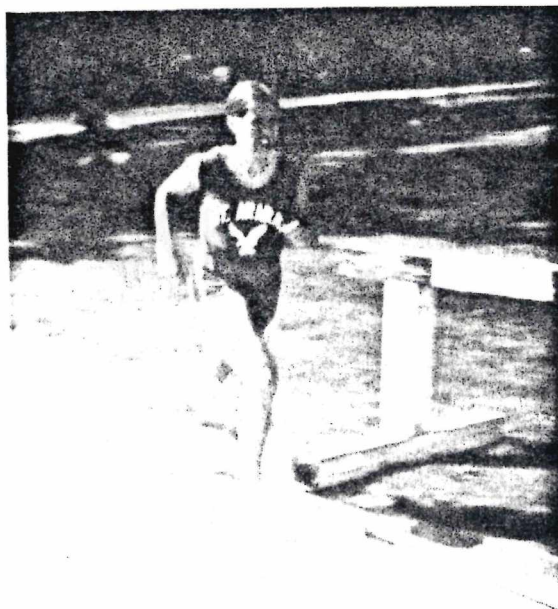
Pre-payment required on ads
and race entry-form inserts

COMMERCIAL

1/4 page - \$6.00 per issue; \$80. per yr.

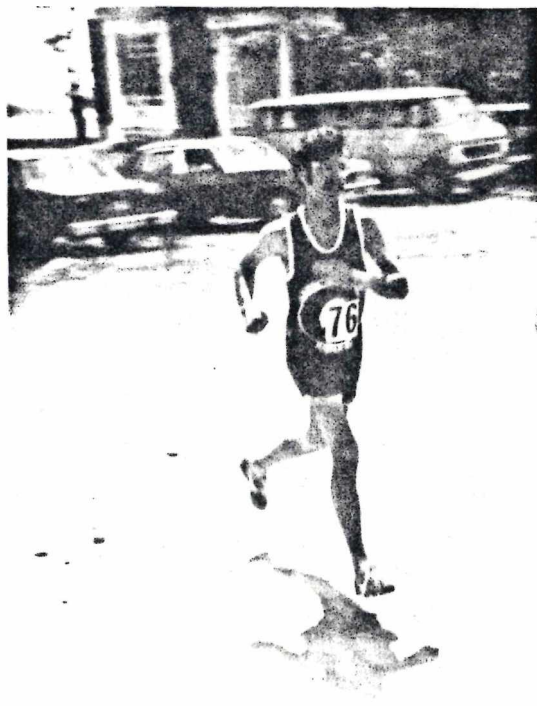
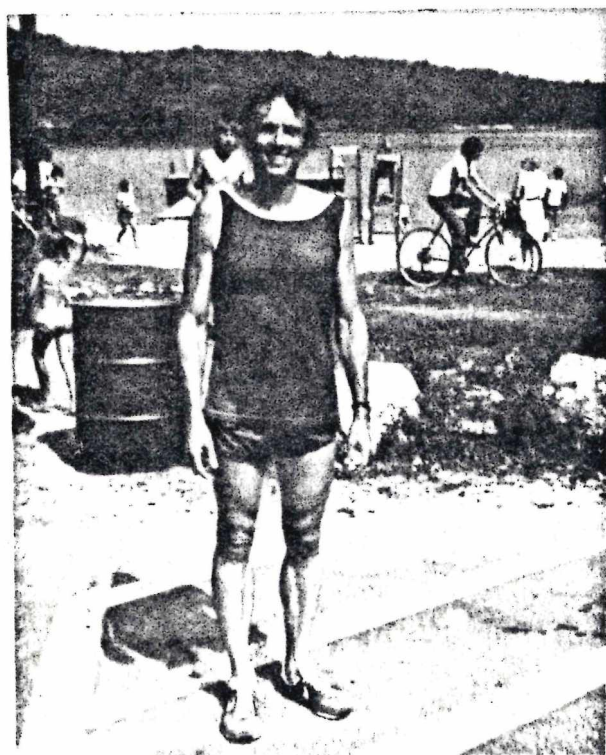
1/2 page - \$10. per issue; \$130. per yr.

full page- \$18. per issue; \$238. per yr.



Diane Fournier- Orrs Island

John Trefethen-Ellsworth Rick Sterling-Auburn



RUNNERS WRITE-IN

COLUMN

Ron Zorn writes:

One half mile into my morning run, I nearly stepped on the crushed corpse of a large snake, flattened by some highway car at some point during the night. I stopped observed then ran on. It was only a curiosity.

A long exhilarating run ensued. I'd started at daybreak, and now as I loped past Middle Range Pond, returning towards home, I knew most area persons were still sleeping or readying for breakfast or the job. What a wonderful start to my day!

But, then right in from of me, near a hole in the sandy shoulder of the road only a few feet from the marsh-like edge to the lake--was a giant turtle. My foot nearly landed on top of it and I came to a stop. I kept looking at it, but it was inert. I dared to pick it up, and I needed both hands to do it. It was alive, it barely moved. What a problem for me! If I just let it stay there, where I know many cars pull in and out for fishing, wouldn't someone take it home, away from its environment, or perhaps even unknowingly run over it?

I dropped it into the dark edge of the water and it sank like a stone. I watched for bubbles but there weren't any. This worried me. I wondered-- don't turtles send out bubbles? Should I have left it alone-- not interfered? Was it a tortoise, not a turtle? Did I read somewhere that a tortoise will drown in water?

I felt guilt and remorse and suspected that I'd interfered with the natural desires of the turtle. If only I had another chance to make

right my wrong!

Then I say it. About six feet away was another large hole, and the body of another huge turtle-tortoise was extended out of it, head-first towards the hot rising sun. Who could believe such a thing, such a second chance! This one was fully as large as the first. I wondered: should I take this monster home with me? How could I run the remaining miles with a turtle under my arm? Don't turtles bite? Was this one doomed without my help? Is exposure to whimsical man a suicidal gesture? A mistake of nature?

Confronted with choices, and with this second chance, I lifted up the turtle-tortoise just as I'd done for its companion, and I placed it carefully into the wet brush. It would be hidden there and could decide to go the few feet back out again where I'd found it, or if it wished, it could slither down into the water just to the other side.

I started off jogging again, and once more as I neared my house passed by the partially flattened body of that unlucky snake.

from Ken Remsen:

I have just started a new job as Health Center and Fitness Program Director at the Bangor YMCA and I would like to see this Y get more involed with runners. Along this line I thought about organizing a "Do Something Good for your Body on New Year's Eve" Race. I am thinking about having a 3 - 5 mile race around Bangor to bring in the new year. This race would start about 11:30 PM, December 31st.

As I said it's just a crazy thought but if you threw out the suggestion people could contact me at the Y with their thoughts.

Women and Running

by

Skip Howard

Some familiar surnames with feminine forenames are beginning to edge into the various newspaper and Maine Runner race and fun-run results of late, and there's bound to be more. These are the names of the women, and in some cases daughters and mothers (have there been any grandmothers?) who are the wives of many of the consistent male runners in Maine. As they discover the joys of running, as they see the general positive results of running on their mates, friends and relatives, these women are starting their own running programs. After giving years of support to another's running, they're now saying: "Well, why not me?". And why not indeed! The joy of running is something to be shared; its physical benefits, its playful disciplines, attendant positive effects of stopping smoking, losing weight, eating better are all things that bring us to another dimension in our lives. What has been a male domain for several years, however, is now gaining female converts. Though some are dragged kicking and screaming, some brow-beaten, it is always finally a personal decision to run regularly, and those women who are now venturing out to join Robin Emery, Barbara Hamaluk, Diane Fournier, Joan Westphal and others on the roads and tracks. These women put in many years ALMOST ALONE as runners, joined later by a new wave of women such as Anne Norton, Andrea Hatch and Philomena Baker. Now these familiar names are appearing: Wendy Sayres, Faye Gagnon, Connie Howell, Nancy Hatfield, Joyce Howard, Linda Seekins, Susan Farlow, Mary Lou Morong, and Mary Schullien. These are the people who have often run the races you've attended from the other side of the table or behind the stop-watch or writing furiously on paper or handing out numbers or water. So some are making a big step in their lives and pulling on their running shoes and

joining the fun. And as the women's ranks swell with people like Mary-Margarter Roseberry, Marty Mulvey, Marta Corbin, and younger runners Karin Judkins, Mary Lyn Cyr, Margaret Clapper, Fawn Jones, one can only begin to wonder: when will there become a spokeswoman in print? Or two or more? And when will the women develop their own races, women only and open, on a regular basis? Currently, Anne Norton and Mary Schulien are race directors, but one suspects proliferation. And it will be fun to watch, for a change, which is not meant to be a completely sexist remark. To be sure, not all women and wives are going to take up running (as Judy Judkins says: "I'm not pushing Fred to take up painting classes), but one can think of few better combinations than women and running. Which is meant to be a completely sexist remark.

Eldon Collins: Five Years at the Top
by
Dennis Morrill

Although Eldon Collins has retired from running, for over half a decade during the early seventies he was the best master runner in the state of Maine. Eldon won the masters division and set many records in dozens of long distance races and did likewise at the faster paced mile runs.

A rhythm runner, Eldon would start slowly but gathering speed his pace became a relentless one. He never slowed. Rather the pace always became faster until the end. This pace was not a natural gift but a hard wrought skill based on hour after hour of practice.

Practice was part of the Collins philosophy. I never knew Eldon to enter a race unprepared, and he never gave anything but his utmost. No wonder Eldon was respected and even feared by runners of all ages.

Suddenly a few years ago Eldon quit running

aces while at his peak. Many have speculated as to why. But the real answer is simple. Eldon followed the dictate of his own philosophy. In other words since he no longer had the time to adequately practice because of various substantial reasons, well, he was not going to race again.

A Portland native, Eldon is still a member of the Maine Masters Track Club. He has helped the Maine Masters by directing the annual fall race at Falmouth High School. His wife Rita and his three sons have helped him to keep this race on the books.

Recently I learned that Eldon has moved to Central Florida with his family soon to follow. Of course I was hoping Eldon might decide to make a com-back with the racing revolution on.

Actually I would just love the chance to get even or at least to see that Collins style which I could never overcome. You just should have seen it. Such concentrated, determined effort I have rarely seen.

It is true most of Eldon's records have been swept away but for a time... A good long runner's time of five years... Eldon ran the point as Maine's finest master runner.

News Briefs

One of my subscribers wrote to me about a month ago concerning organizing a club and he requested some information about the procedures involved. I don't recall the name of this person and I somehow lost the letter. Therefore, would this runner please send me a second note and I will get right on it.

(cont.)

As mentioned in the Runners Spotlight article, several awards are given out by the Maine Masters at the Cape Elizabeth Turkey Trot in November. Among these awards are Maine Runner of the Year (male and female), High School Runner of the Year, and an award for the person who has contributed the most to Maine long-distance running in the current year. These selections are made by a four-member state-wide committee, three of whom are Anne Norton, Dick Goodie, and Dennis Morrill. A new member, yet unknown to me at this time, will be joining the committee. This year, I have been told that the award, "Most Improved Runner", will not be given, but that it was suggested by Dennis Morrill that each club choose its respective "most improved", basically because there are so many deserving candidates each year and a choice by the committee in selecting one runner from the entire state is a difficult, if not impossible, choice. Lloyd Ferris of Richmond was selected in 1977.

Another issue which is upon us already is whether Mike Buckley, a Lawrence, Mass. resident should be considered for Maine Runner of the Year. This is an issue which may have no solution that pleases everyone and one which you can make your own feelings know through the Runners Write-In Column.

Cliff Hopkins, director of the Running School at Brunswick, is sponsoring a weekend clinic in New Hampshire on Oct. 27, featuring Bill Rodgers. There will be an all-New England club invitational race along with this weekend clinic. Anyway, it looks like an excellent opportunity for our clubs to compete with other southern New England clubs. For further information, contact Cliff at the Running School, Sports ETC Club, Route 1, Brunswick, Me. 04011.

The organizers of the Casco Bay Marathon, headed by John Noyes of Yarmouth, seem to be approaching this event with caution and intelligent planning. All entrants receive in the mail a wealth of information on the precautions to take when preparing for and running a marathon. The information assured the runners that competent medical personnel and aid-stations would be available at specific points along the route, and they even went as far as to say that water would be in the clear or white cups while ERG and Gatoraid would be in the colored cups at the water-stations (better than finding out by trial and error). Recommendations concerning fluid intake were given in the literature as well.

The course miles would be marked and times given at intervals throughout, with the last 6.2 miles being marked as follows: -6, -5, etc. A professionally drawn map was included with the material and according to the way the map was drawn, the race will start on the wide street in front of the Exposition Building and will finish on the 440 yard track just below the starting point. All in all, the organizers are earning the respect of the runners by this meticulous, educational approach to the event and more than one person has mentioned this to me.

When I spoke to Mike Buckley at the Falmouth, Mass. 7-Miler on Aug. 20th, he said that he would be running this marathon. Fred Judkins told me the same, and that he would be trying to improve upon his 2:28 effort recorded at Boston this past spring.

Bob Hillgrove, 1977 Maine Runner of the Year selection, and a long-time veteran of Maine road racing, has had a serious injury this year which has kept him out of racing since his record-shattering wins last season. Bob, a native of Rockland where he still lives, has had trouble with the arch of one of his feet. He started out in the Bangor Red Cross 10 Miler

in May and had to pull out of the race.

Upon talking to him on the phone recently, Bob said that he was planning to go out-of-state to look for a physician and that he would not rule out surgery if it was required to get him back into racing once more. At age 33, he has many years of good competitive racing left.

HISTORY'S CORNER

(taken from Roland Dyer's Newsletter)

May 24, 1969

4.1 Mile Race-So. Portland, Me.

Course included a short stretch of beach running.

1. Rick Rowley	Unat.	19:27	Record
2. Lloyd Slocum	Unat.	19:30	
3. Ralph Grant	WAC	19:56	
4. Steve Jaynes	Unat.	20:04	
5. Brian Gillespie	GPAC	21:22	
6. (Unknown)			
7. Ken Flanders	GPAC	21:53	
8. Ed Ricker	SMVTI	21:55	
9. Richard Krause	USN	22:00	
10. Mike Kazilionis	Unat.	22:17	
12. Jim Gillen	SMVTI	22:34	
13. George Dick	SMVTI	22:50	
14. Dennis Bishop	Unat.	23:50	
15. Roger Perham	Unat.	24:18	
16. Dave Adams	Unat.	24:43	
17. Ken Rosen	Unat.	25:20	
18. Dr. Jim Dempsey	Me. Masters	25:27	
19. Peter Poulin	SMVTI	25:37	
20. Ray Hefflefinger	Me. Masters	26:19	
21. Dave Gardner	SMVTI	26:36	
22. William Zaroka	Me. Masters	27:38	
23. Bill Pierce	Fal. Rec. S.	27:39	
24. Tom Miller	Me. Masters	27:48	
25. Jim Carroll	Me. Masters	27:48	
26. Ed Shepard	Me. Masters	31:02	



About Evelyn Hewson
by RK

Early this summer I began to notice a new name among the results of the races - a woman who was obviously experiencing some success at the sport. Her name is Evelyn Hewson, and I wanted to learn more about her and eventually present her to the runners of the state. I contacted Evelyn through the mail and received back responses to the several questions which I'd asked. An interview was to follow and this was done at Bowdoin College which she attends, after the Bowdoin 10-Mile Road Race on July 30th.

The photo of Evelyn which was in Maine Runner earlier this year (taken at the Gorham Memorial Day 6-Miler) did little justice to her appearance. In that photo, she appeared short and as if someone had whipped a gallon of black paint in her face. The Evelyn who I walked with around the Bowdoin track after the competitors and spectators had gone home, was a far cry from the picture in the June 28th issue. She was a big, tall, strong girl with long legs. She kidded about her big feet as we walked along the grass on the infield of the all-weather track, and mentioned quite seriously that those feet may be to her benefit in getting her to the finish tape faster. I've often wondered about this myself, as I personally sprout a size 12D. Evelyn also said that she felt strange running beside most women runners because her one stride equalled about two of theirs.

Not being as new to the sport as I'd expected, I found this 20-year-old to have been involved in long-distance running for seven years, competing for six of those. She lives in South Casco and attends Bowdoin College, currently in her junior year. The school must have high hopes for a person with her running ability. She had finished second among the women in today's Bowdoin and Back 10-Mile Run to the Coast.

When questioned about her reasons for running, Evelyn said, "I enjoy running because it is a fun kind of exercise that I can do any day regardless of the weather or the situation. Whenever I travel and spend time in a new place I learn about the spot by running. I've met some interesting people because of running and competing in races."

It was her grandfather who initially inspired her to enter athletics. (he recommended high jumping and long-jumping because of her long legs) but she didn't pursue either with great interest. Rather, she found her real friend - long distance running.

At Bowdoin, she competes on the women's cross-country and track teams which now have their own coach and regular schedule. Her views on women's races are stated as follows. "I enjoy women's races though I find that they are generally much more serious and competitive than co-ed races. Girls can be pretty stiff competitors when they are only racing other girls. Guys tend to relax the situation and make more fun of it though I am sure that when they race alone they are pretty tough competitors too."

Her favorite racing distance is three miles, but she feels confident running between two and six. According to her, "two miles is still a sprint and five miles is a little bit longer and slower." She didn't run too slow in today's 10-miler. Who's she kidding?

When asked about her immediate goals, she said, "I presently have one goal in mind. I would like to race in a marathon sometime this year, maybe the Casco Bay Marathon. Last year I cross-country skied in the Hennessy Classic Marathon and found it to be quite a challenge. I'm hoping the running marathon will be equally enjoyable. The Hennessy Classic Cross-Country Race is, by the way, a 50-miler, in which she placed 6th. Continuing on, she mentioned, "One thing I enjoy about running is that the harder and longer I train, the better I feel afterwards. Sometimes on the worst

aces I just feel super when I am done! I like to race alot, the more the better. Each race is just like a hard workout for me and seems to improve my speed and endurance a little more each time. Also it's fun to meet other runners at the races and compare training schedules."

Evelyn has no definite long-term plans for racing beyond her college years. She just wants to take her athletic interests one step at a time and yield to her own feelings about competing in the present tense as each year unfolds. She had this to say about her future running.

"I do hope to run most of my life. I think it is great that so many older people are still running or are starting to run for the first time."

About her training, she had the following comments. "I try to run 35 to 40 miles a week. Most days I run longer distance but now and again I run speed workouts. I would much rather forget the speed workouts and go for a nice slow distance run. When I can I go hiking or swimming to give some variety to my training. I think that any kind of exercise will help to improve my running."

In past years, Evelyn said that she did little running during the mid-summer months because she kept herself so active at their summer camp with swimming and hiking. Judging by her condition on this date (July 30th) I'd say that those activities got the back seat this summer!

Like many long-distance runners, she spends her winters cross-country skiing. She continues running, however, during the winter because she admitted that this was her favorite activity. When I asked her if she liked running on the Bowdoin (somewhat cramped) indoor track, I thought she was going to take a swing at me! But she does run track outdoors and has recorded a 5:20 mile which she'd like to improve upon by about three seconds or thereabouts in the future.

Subscription to Maine Runner

Name _____

Address _____

\$8.00/yr. for 14 issues, mail to Maine Runner,
Rick Krause, 1 Summer St., Pittsfield, Me. 04967

Maine Clubs



Central Maine Striders

Rick Krause, Pres.

1 Summer St.

Pittsfield, Me. 04967

Olympia Track Club

Ken Flanders, Pres.

207 Maine Mall

S. Portland, Me. 04106

Sunrise County Road Runners

Dale Lincoln, Pres.

Box 168

Perry, Me. 04667

Androscoggin Harriers

Bill Sayres, Pres.

Skillings Corner Rd. R.D. #3

Auburn, Me. 04210

Chutes Strait Striders

John Lyle, Pres.

RFD #1

Bridgton, Me. 04009

Maine Masters

Dick Goodie, Pres.

63 Revere St.

Portland, 04101

Cheabeque Island Track Club

Tom Sharpe, Pres.

Cove Rd.

Cheabeque Island, Me. 04017

MAINE RUNNER

Rick Krause, Editor/Pub.

1 Summer St.

Pittsfield, Me. 04967

Mrs. & Mr. Ward Krause
P.O. Box 522, Bolton Branch
Manchester, Conn. 06040